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# WELL AWARE

*Monthly Newsletter*

## ***In This Issue:***

- ❖ August Is National Immunization Awareness Month
- ❖ Did You Know?
- ❖ DelaWELL News, Upcoming Events And Employee Spotlight
- ❖ Worsening Vision Is An Inevitable Part of Aging
- ❖ EAP + Work/Life Program: Don't Face Life's Challenges Alone
- ❖ Healthy Recipe: Blueberry Banana Smoothie
- ❖ Fitness Guru – Heed The Heat During Summer Outdoor Activity

### **Contact DelaWELL**

[www.delawell.delaware.gov](http://www.delawell.delaware.gov)

1-800-556-6106

EMAIL: [Employee.wellness@state.de.us](mailto:Employee.wellness@state.de.us)

### **Alere®**

<https://delawell.alerehealth.com>

1-866-674-9103 (Nurse24)

### **Contact Statewide Benefits Office**

[www.ben.omb.delaware.gov](http://www.ben.omb.delaware.gov)

1-800-489-8933 OR (302) 739-8331

EMAIL: [Benefits@state.de.us](mailto:Benefits@state.de.us)

## **August Is National Immunization Awareness Month**

Every year, thousands of adults in the United States suffer serious health problems, are hospitalized or even die from diseases that could have been prevented by vaccination. Make sure you and your loved ones are protected against diseases like flu, whooping cough, tetanus, shingles and pneumococcal disease.

For more information on adult vaccinations visit the CDC's website at [www.cdc.gov/vaccines/adults/index.html](http://www.cdc.gov/vaccines/adults/index.html) and talk with your health care provider about which vaccines are right for you.



Don't forget,  
adults need  
vaccines, too!



## **Did You Know?**

Every year, the State of Delaware prescription plan's list of covered medications are reviewed and updated to ensure that the plan is providing members with the most effective medication therapies at the most reasonable cost to the State.

The list of covered medications (also known as the "formulary") for the State of Delaware plan's active employees and non-Medicare retirees changed on July 1, 2014, and some brand medications are now excluded from coverage. Go to <http://ben.omb.delaware.gov/script/planinfo.shtml> for more information and a list of covered and excluded drugs.





## News And Upcoming Events

Placing Delaware at the Forefront of Wellness



Like Us On Facebook

<https://www.facebook.com/delawellprogram>

### What's Going On:

#### 2014-2015 DelaWELL Program Year

(July 1, 2014 – May 31, 2015)

#### Reward Yourself With The Best Of Health

Visit <http://www.delawell.delaware.gov/program-info.shtml>

to learn about the programs and services available and how to earn DelaWELL Rewards up to \$200!

#### Quit For Life® Program - Helping Members Become Smoke-Free For Life

The Quit For Life® program provides a personalized quit plan, outbound coaching calls with unlimited toll-free access to your Quit Coach®, unlimited access to Web Coach®, an online community that offers e-learning tools, social support, texting and email tools. There are also free nicotine gum and nicotine patches available through home delivery. See the "Quit For Life®" link on the left menu of the DelaWELL Health Portal

(<https://delawell.alerehealth.com>) to enroll and get started. You will need to enter "State of Delaware" as the name of your employer when registering on the Quit For Life® website. You can also contact them by phone at 1-866-674-9103 (select "Option 0").

### Upcoming Events:

#### 2014-2015 DelaWELL Health Screenings

The free screenings are offered NOW through April 29, 2015. Appointments are available during work hours, as well as late afternoon/ evening hours. Learn more at

<http://www.delawell.delaware.gov/health-screenings.shtml>.

#### Stress Busters Challenge (September 1- October 15, 2014)

Do you know how to reduce or control the stressors in your life? Challenge yourself to take the Stress Busters Challenge and put healthy stress management steps into your routine. Read more at <http://www.delawell.delaware.gov/wellness-challenges.shtml>.

#### DelaWELL University Onsite Health Seminars

October 2014 - Topic: Outsmarting Stress: Changing Your Attitude To Accomplish More

November 2014 – Topic: Know Your Health: A New Look At Why I Smoke And How To Quit

January 2015 – Topic: Get Moving This Winter: Don't Hibernate, Instead Invigorate Your Life And Health With Physical Activity

April 2015 – Topic: Understanding Food And Nutrition

Register for a seminar date, time and location convenient for you by visiting

[http://www.delawell.delaware.gov/Seminar\\_Registration/Semi\\_Reg.asp](http://www.delawell.delaware.gov/Seminar_Registration/Semi_Reg.asp).



## Motivation Station: Employee Spotlight

### Weight Watchers At-Work Meeting Members

Barley Mill Plaza - Wilmington, DE

Department of Services for Children, Youth and their Families (DSCYF)

Story submitted by Julie Thompson, DSCYF Wellness Champion



*"After 19 weeks of Weight Watchers® At-Work meetings, our group lost a total of 200.2 lbs... The group would like to thank DelaWELL for the opportunity and for offering At-Work meetings. With the discounted price and available ongoing support this was a success!"*

To read DSCYF's complete story and other participant health testimonies, visit [www.delawell.delaware.gov](http://www.delawell.delaware.gov) and click on the "Motivation Station" link.

Has the DelaWELL program impacted your overall health? Do you have a success story that will encourage your co-workers along their path to wellness? If so, we would like to hear from you! Send us an e-mail at [Employee.Wellness@state.de.us](mailto:Employee.Wellness@state.de.us) possible posting in an upcoming edition of WellAWARE and on the DelaWELL website.

## Worsening Vision Is An Inevitable Part of Aging

Everyone's vision deteriorates with age, although the rate and degree of deterioration are largely impacted by lifestyle choices and access to professional vision care.

- People whose diets include zinc, lutein and zeaxanthin, vitamin C, vitamin E and Omega-3 fatty acids can delay cataracts and even control the progression of age-related macular degeneration.
  - Many seniors think that new glasses and a stronger prescription is all they need to get back the vision of their youth. The fact is that cataracts may be the cause for the

decline in vision. The condition is the leading cause of vision loss among adults 55 and older. In fact, more than half the people over age 65 have some degree of cataract development.

- If you smoke, stop. Smoking interferes with the body's ability to absorb vitamin C, essential to eye health. Smoke irritates the eyes, especially if you wear contact lenses. The odds of developing cataracts and age-related macular degeneration increase four times over if you are a regular smoker.

- Annual eye exams are a must, not something to do when and if your schedule opens up. With proper diagnosis and regular checkups, you can take steps to correct many age-related vision problems.



To learn more about your vision benefits, please visit [www.eyemedvisioncare.com](http://www.eyemedvisioncare.com) And click the **Members** tab.

- Cataracts can be removed.
- Glaucoma, in its early stages, can be treated with lasers. Lasik treatment continues to evolve.
- The key is early diagnosis and regular follow-up with your eye doctor.

## HMS EAP + Work/Life Program: Don't Face Life's Challenges Alone - Speak With A Licensed Professional Counselor

Everyone experiences problems in their lives. Usually these problems can be dealt with on our own. But at other times we may benefit from asking for professional help.

With the EAP, you and your family have access to Licensed Professional Counselors, who can provide **free, confidential**, short-term assistance for a wide variety of personal issues. If needed, your counselor can refer you for more in-depth support.

Licensed Professional Counselors can help with:

- Depression, stress and anxiety
- Marital relationships
- Family/parenting issues
- Work conflicts
- Alcohol and drug abuse
- Anger, grief and loss

Take action today! Call HMS at 1-800-343-2186 to speak confidentially with a counselor. HMS is available seven days a week, 24 hours a day to assist you.

Visit <http://ben.omb.delaware.gov/eap/index.shtml> to learn more about the services and resources available through the EAP.



## Healthy Recipe: Blueberry Banana Smoothie

### Ingredients:

1 frozen ripe banana  
1/2 cup frozen blueberries  
1 cup skim milk



### Directions:

Bananas that are getting past ripe work perfectly in smoothies. Peel them, wrap them in plastic and freeze them. Later, cut the banana into pieces. Put ingredients into blender and puree till smooth. Pour into two glasses.

### Serves two:

Each serving contains about 122 calories, 5 g protein, 0 g fat, 24 g carbohydrates, 3 g fiber and 63 mg sodium.

For more great recipes, visit the HMS EAP+ Work/Life Program website at <http://hms.healthadvocate.com>. After you enter "State of Delaware" as the name of your organization and click "Submit," navigate to the "Health" tab and look under the header "Recipes."



## The Fitness Guru Says...

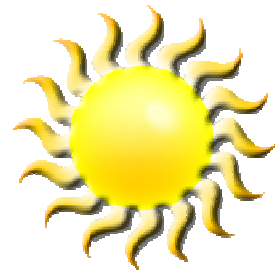
### Health Tip: Heed The Heat During Summer Outdoor Activity

Dear Reader,

People who are active outdoors during the summer need to take steps to avoid heat-related injury and illness.

Here are some tips:

- **Limit your outdoor activity to early in the morning and evening hours.**
- **Choose the right type of clothing.**  
Wear lightweight, light-colored, loose-fitting clothing.
- **Stay hydrated.** Don't wait until you're thirsty to drink.
- **Use a water resistant sunscreen** with UVA and UVB protection and a broad-spectrum SPF of 15 or higher. Apply it liberally and reapply every two to three hours or more if swimming or perspiring.
- **Wear wide-brimmed hats** to cover your head, face, neck and ears.



For more information and tips on being active outdoors during the summer, log on the DelaWELL Health Portal at <https://delawell.alerehealth.com>.

**Best of Health!**

*F.G. (a.k.a. Fitness Guru)*